

Course details

Course title

Personal Development: Intermediate : Me, Myself and I

Course code

Q00014918

Course date

Start: 05/06/24

End: 17/07/24

Number of classes

7 sessions

Timetable

Wed 5th Jun, 10:00 to 12:00

Wed 12th Jun, 10:00 to 12:00

Wed 19th Jun, 10:00 to 12:00

Wed 26th Jun, 10:00 to 12:00

Wed 3rd Jul, 10:00 to 12:00

Wed 10th Jul, 10:00 to 12:00

Wed 17th Jul, 10:00 to 12:00

Tutor

Patrick O'Reilly

Fee range

Free to £50.40

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Aspire
2A Global House
Crofton Close
Lincoln
Midlands
LN3 4NT

Level of study

Intermediate

Course overview

This course will further expand on elements and themes developed in the beginners: Me, Myself and I course. It will focus on looking at the individual and the holistic components of their life, including their history and how everything combines to make them who they are. Students will get an opportunity to further develop their person-centred plans and use them to look for opportunities to advance their lives in accordance with their plans. They will look at people in their lives who can help them achieve what they want to achieve and how they can be a part of other people's lives and help others.

Course description

Following on from the Beginner: Me, Myself and I course this intermediate course will reacquaint students with the themes and topics of the beginner course and allow them to look into those topics in more depth. Students will use their one-page profiles to further develop their person-centred plans and create pathways through life to achieve their aims, goals and dreams. Topics included in this course are:

- Circles of Trust: Who is in my circle of trust? Who do I want in my circle of trust? How do I expand my circle of trust?
- Person Centred Plans: Creating them, updating them and using them to enhance your life
- Pathways: Life's journey, where have I been? Where am I now? Where am I going to?
- Being Realistic: How can I ensure my goals are realistic? How can I alter my goals to make them realistic?
- Obstacles: How do I overcome them? Recognising what effect, they may have on me

- Being Part of Others plans: How can I help others achieve their goals?

Again, this course will take place in a supportive and safe environment where students can share personal information and experiences without judgment or criticism. Students will also develop essential skills such as English, Communication and interpersonal skills

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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